

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Catharsis, Aggression and Persuasive Influence: Self Fulfilling or Self Defeating Prophecies

Popular belief, lore and myth have communicated the message that venting anger is beneficial and therapeutic. However contrary to the venting is catharthetic is a recent study that indicates physical aggression does not decrease anger. See the article

Catharsis, Aggression and Persuasive Influence: Self Fulfilling or Self Defeating Prophecies in the Journal Personality and Social Psychology
<http://www.apa.org/journals/psp/psp763367.html>

4th Annual Health Promotion Excellence Symposium

The 4th Annual Pensacola Health Excellence Symposium being held at the Beachside Resort/ Hampton Inn on November 1-3 2000. The purpose of the symposium is to promote quality of life and prevention of illness through an active partnership with

the military and civilian communities. The focus of the program will be Healthy Mind, Healthy Body, Healthy Spirit. For more information check out their website at: http://psaweb.med.navy.mil/hlth/SYMPOSIUM_00.htm

Osteoporosis: A debilitating disease that can be prevented and treated.

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken **bones**, also known as fractures, occur typically in the hip, spine, and wrist. Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost

always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity. For more information visit <http://www.nof.org/>



"Vertigo - Stop the spinning"

Vertigo has many causes, including stroke, migraine and disorders that affect structures in the inner ear that help maintain orientation and balance. True vertigo is the most common form of dizziness. It may result from a number of causes. Fortunately, one of the most common forms of vertigo may be easily treated using a simple and often effective office procedure. Visit the Mayo Clinic website for more information at <http://www.mayohealth.org/mayo/0007/htm/vertigo.htm>

*"The highest reward for a person's toil
is not what they get for it,
but what they become by it."*

- John Ruskin

Helpful tips:

- If you're between the ages of 19 and 50 you need to be getting at least 1,000 mg of calcium a day and 1,200 mg if you're over 50. (Note: A glass of nonfat milk supplies about 300 mg of calcium)
- Don't Smoke; restrict or avoid alcohol
- Get regular weight-bearing exercise